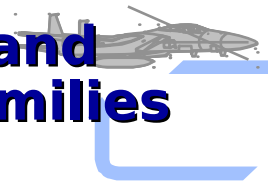
READINESS NCO QUALIFICATION COURSE

EMOTIONAL CYCLE OF SEPARATION

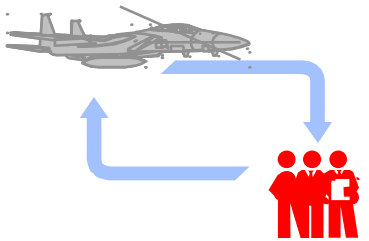
OBJECTIVE:

- **Students will be able to:**
  - **Identify and describe emotional stages of separation**
  - **Discuss the grief cycle and describe what is normal/abnormal behavior**
- **Respond to emotional separation issues of adults and children with helping behaviors**
  - **Apply renewal strategies to reduce stress and maintain effectiveness as a caregiver to families**

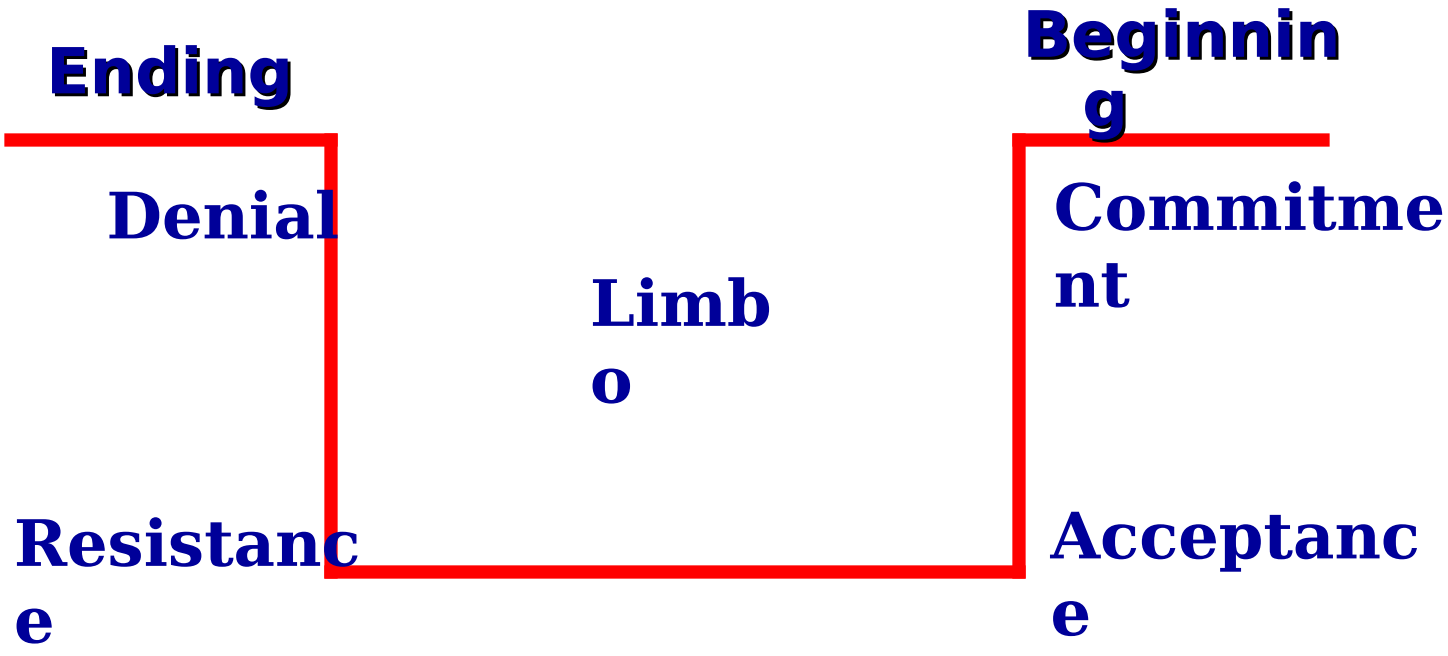


LOSSES EXPERIENCED IN THE MILITARY

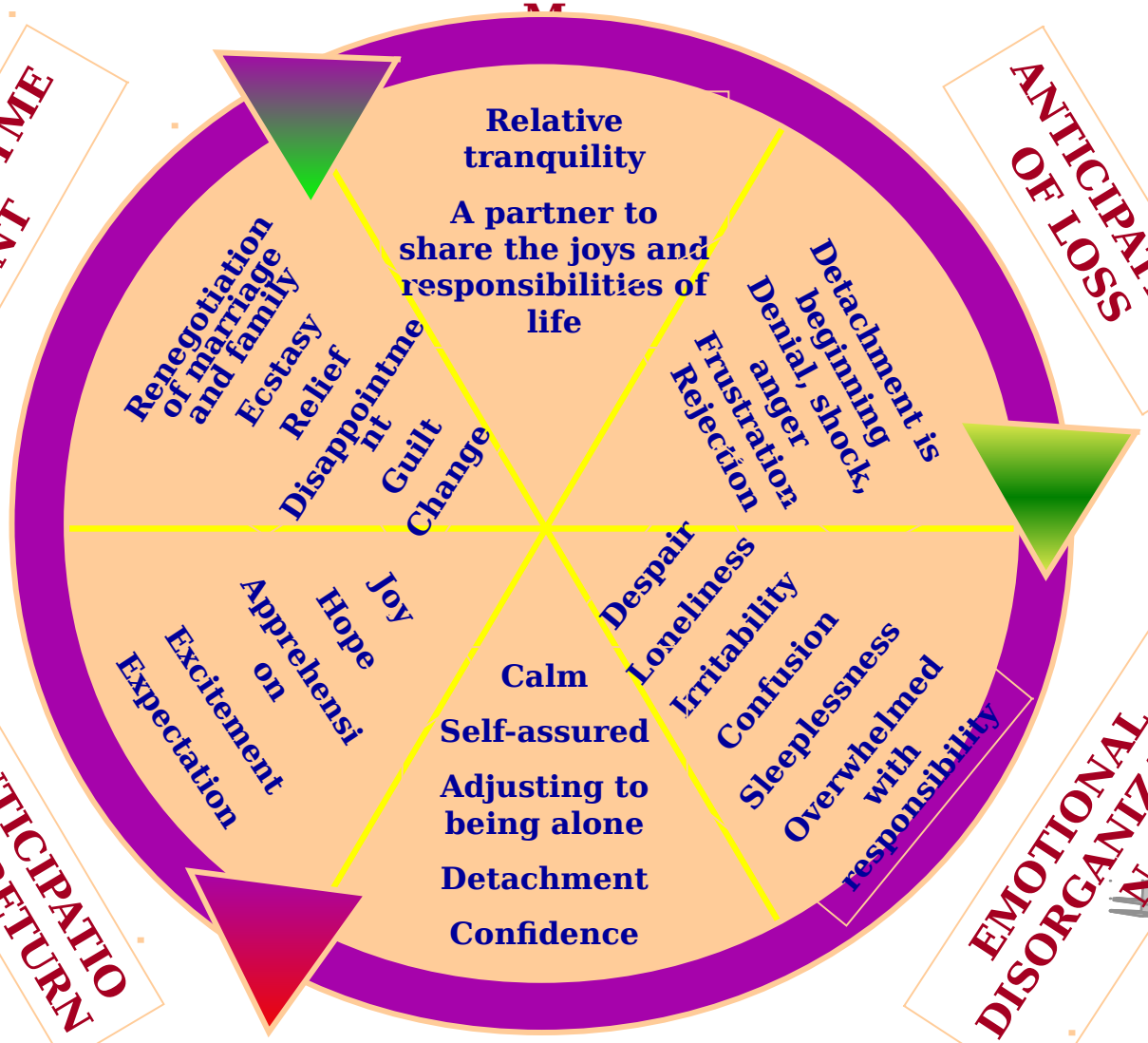
- Relocation
- Family separation due to military orders
- Evacuations/Repatriations
- Divorce
- Retirement
- Family Member death



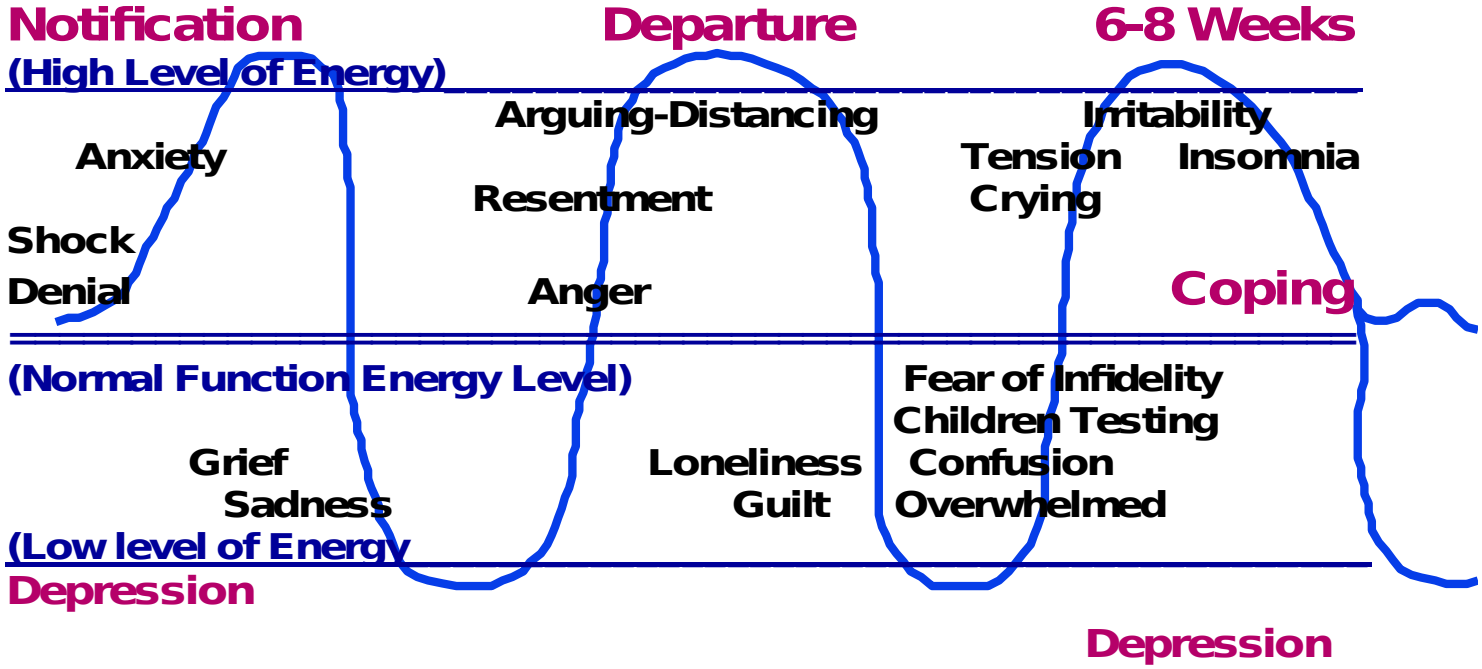
GRIEF/LOSS CYCLE



THE DEPLOYMENT CYCLE



The Emotional Cycle of Separation

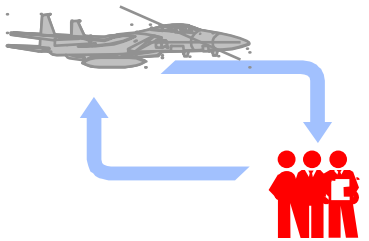


EMOTIONAL ISSUES

- **EQUALIBRIUM**

  - **Relative tranquility**

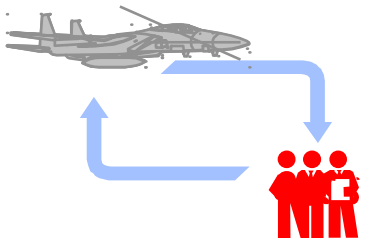
  - **A partner to share the joys and responsibilities**



EMOTIONAL ISSUES

- Anticipation
- Shock
- Sadness
- Rejection
- Denial
- Anxiety
- Frustration
- Anger

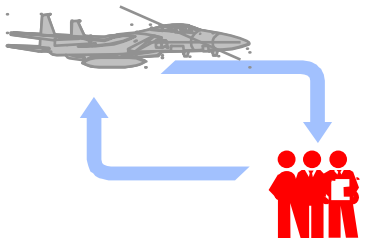
- These are normal reactions!!



EMOTIONAL ISSUES

- **DEPARTURE**

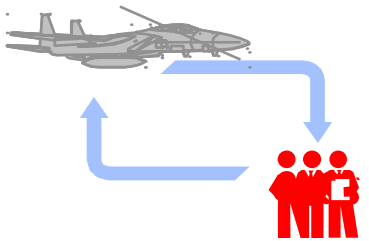
- Loneliness
- Irritability
- Despair
- Sleeplessness
- Overwhelmed with responsibility
- Confusion



EMOTIONAL ISSUES

- **STABILIZATION**

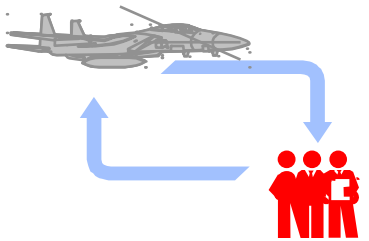
  - Calm
  - Self-Assured
  - Adjusting to being alone
  - Detachment
  - Independence



EMOTIONAL ISSUES

- **ANTICIPATION OF RETURN**

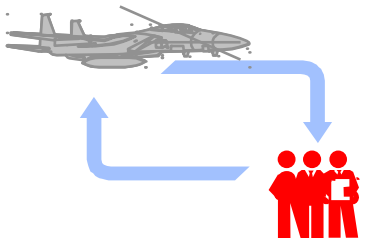
  - Joy
  - Hope
  - Apprehension
  - Excitement
  - Expectation



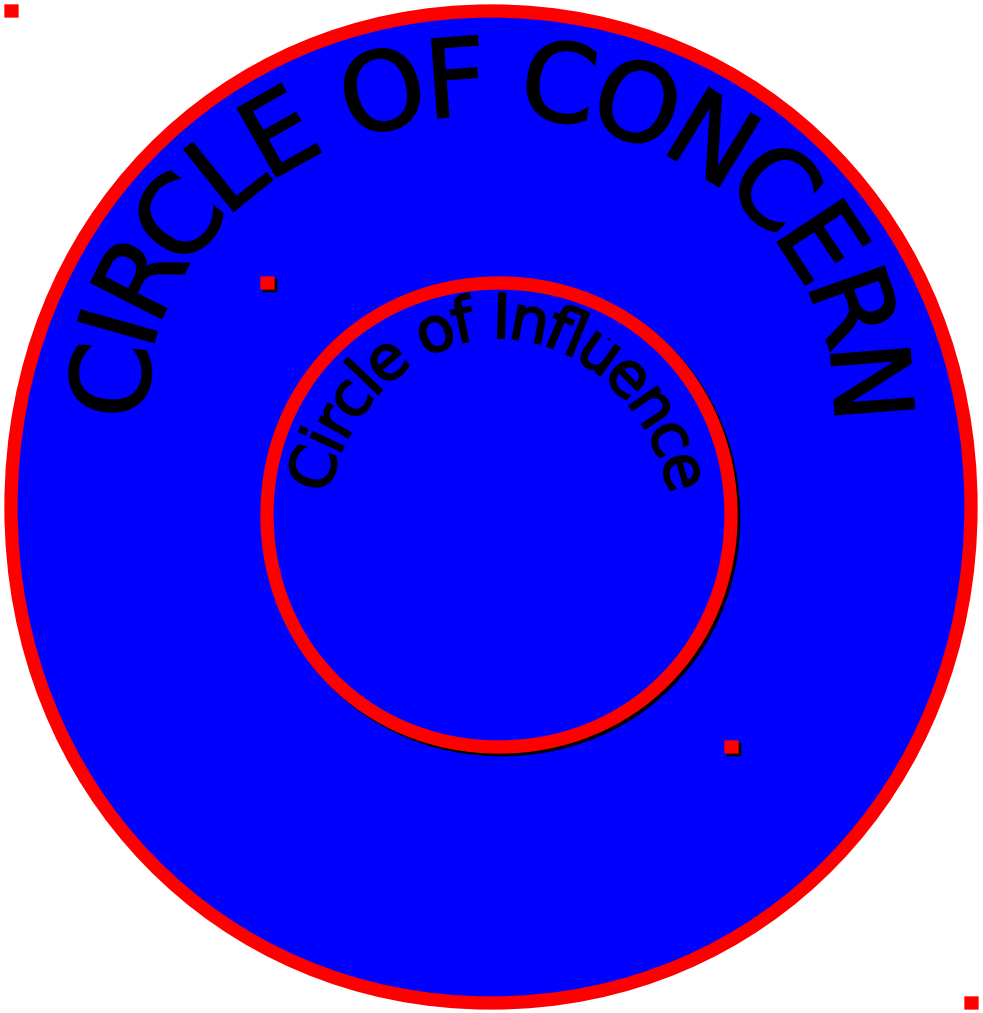
EMOTIONAL ISSUES

- **READJUSTMENT**

  - Renegotiation of marriage
  - Renegotiation of family
  - Ecstasy
  - Relief
  - Disappointment
  - Guilt
  - Change



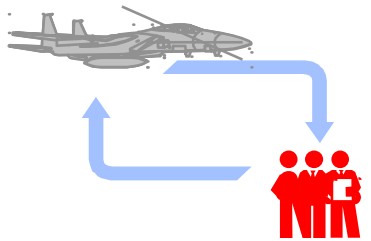
CIRCLE OF CONCERN
CIRCLE OF INFLUENCE



RENEWAL STRATEGIES

DIMENSIONS OF SELF-CARE/RENEWAL

-- Physical
-- Mental
-- Spiritual
-- Emotional/Social



When families say goodbye
to their loved ones...we're there too.